



# You knew this was coming.



trollcatz

 [trollcatz](#)

<https://trollcatz.livejournal.com/2009-04-27> 11:36:00

MOOD:  concerned

MUSIC: dilute! dilute! OK!

First, read this. (<https://www.livejournal.com/away?to=http%3A//nielsenhayden.com/makinglight/archives/011241.html%23011241>),

Then, assemble one of these.  
(<http://misia.livejournal.com/932116.html>)

Third, get plenty of rest and exercise, drink fluids, eat nutritious food, and handwash, handwash, *handwash*. Your flu vaccination (which you got, right?) will not protect you from this one. If you get sick, call your doctor (if you have a doctor) and *stay home*. Hydrate, hydrate, hydrate.

## Don't panic.

(Note large friendly yellow letters.)

No, you cannot get the swine flu from eating pork or from going out in the cold.

The "good" news is, all the known deaths so far are in Mexico, and cases reported elsewhere seem "mild" (as mild as flu gets, meaning, not requiring hospitalization (ETC: One US case required hospitalization)). Which may mean that there's a second, opportunistic infection piling in in Mexico City (though that's total speculation on my part) or it may mean something else entirely.

\*political commentary about the lack of current heads for certain relevant government agencies redacted\*

TAGS: pandemic comma potential



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Thank you

This is Patricia Andreoli, wife of Daphne Worth, who you all knew as Trollcatz. Daphne died

...And there goes the weekend

But hey, we got a day and a half of this one! And I got to sleep in for two whole mornings. Too bad

As a law

enforcement  
professional--

5 comments



 [fidelioscabinet](#)

[April 27 2009, 15:42:53 UTC](#)

[COLLAPSE](#)

I wonder how much altitude has been a factor in Mexico--thinner air means the lungs have to work harder, and Mexico City is fairly high up, as I recall.

Also, wash your hands some more, and then some more. Make the children wash their hands.



 [trollcatz](#)

[April 27 2009, 15:51:04 UTC](#)

[COLLAPSE](#)

Altitude, lifestyle, etc. I am not sure if the people dying in Mexico are dying of cytokine storm, viral pneumonia, or something else entirely.



 [fidelioscabinet](#)

[April 27 2009, 15:59:13 UTC](#)

[COLLAPSE](#)

Well, in the meantime, I think I'll go wash my hands. And add juice and drink mixes to the grocery list. And Mucinex. Then I think I'll wash my hands again.



 [batwrangler](#)

[April 27 2009, 16:22:05 UTC](#)

[COLLAPSE](#)

You know what really irritates me? The War on Drugs(tm) makes getting pseudoephedrine-based decongestants difficult, even when they are in liquid form (which, iirc, is not all that useful for nefarious pursuits). /rant

[makes note to double check emergency supplies]

 [tylik](#)

[April 27 2009, 16:39:13 UTC](#)

[COLLAPSE](#)

It's also worth reading up on the 1976 swine flu scare.

(I'm not proposing this as a nay-sayer - whether it's this one or the next one, it's been a good long while since we've had a serious influenza epidemic, and it seems more likely than not that we will see one. However, it makes for an interesting illustration of the political pitfalls to be plotted around.)

Hm. Might be a summer for getting some serious modeling work done... (Modeling I can work on anywhere I can bring my computer. Now if there were just some decent mountains around here.)